

ABSTRACT OF THE DISCLOSURE

A shoe comprising a sole which is provided, in its heel, with a tank in which pressurized air is accumulated by a pump actuated by the heel of the foot during normal walking. The shoe is provided with a foot supporting insole, which is provided with a plurality of holes in which a plurality of studs move at right angles to the ground; the studs are associated with an elastic chamber, which is connected to the air tank with the interposition of a discharge valve, which acts when the pressure inside the tank has reached a preset value; the studs accordingly act impulsively against the sole of the foot at preset intervals.